

# DBH Central Office Monthly Update for Behavioral Health Boards

August 2020

## COVID-19 Update

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- A COVID-19 [website](#) with resources for providers and consumers alike, including resources to help you engage in your own self-care and to ameliorate the effects of vicarious trauma, compassion fatigue, and to prevent burnout.
- BPA Health anticipates going live on August 3 with the COVID Help Now Line which will offer statewide support for anyone challenged by the stress associated with this global pandemic.
  - The COVID Help Now Line is:
    - Staffed from 8am to 8pm Mountain Time, 7 days a week.
    - Available via phone, text, or chat. Callers may also leave a message during off hours and receive a return call the following day.
    - Anonymous. Responders do not classify, label, or diagnose people and no records or case files are kept.
    - Available via phone, text and chat: 986-867-1073 or Toll Free 866-947-5186 (phone only)
- As a reminder, DBH began providing counseling services for frontline workers impacted by the COVID-19 pandemic (Coronavirus Counseling Assistance for Frontline Workers, or CCAFW). For purposes of this service, “frontline” is defined broadly, including everyone from medical professionals providing direct services to behavioral health professionals providing services via telehealth and experiencing secondary trauma to individuals who work in the hospital cafeteria and fear contracting the virus and taking it home to their families.
  - Services are available for frontline workers impacted by COVID-19 through calling BPA Health at 866-536-0239
    - Screening and Benefit Navigation: A toll-free hotline offering access to benefit navigators who will guide you in any behavioral health benefits you may have access to through your current benefits, and provide referrals to behavioral health resources.
    - 5-Session Professional Assistance Program
      - For individuals who do not have access to behavioral health services through their current benefits, or who have significant financial or access barriers to those benefits, this program offers up to five sessions of confidential assessment and brief solution-focused problem intervention provided by licensed, professional counselors. Sessions are offered via telehealth services or, when appropriate given social distancing measures, face-to-face. Sessions can be individual, couples, or family counseling.
      - In addition to five counseling sessions, the program offers participants:
        - A national, licensed, and credentialed provider network for appropriate access to urgent and non-urgent care.
        - Beyond program visits, referral to additional behavioral health services and community resources based on the client’s needs, recommended treatment, and financial means.
        - Substance use expertise and referrals for treatment of chemical dependency and other addictions.
        - Online lifestyle tools and resources including legal, financial and identity theft information, calculators, tip sheets, and webinars.
    - If you have questions, please contact Sherry Johnson ([sherry.johnson@dhw.idaho.gov](mailto:sherry.johnson@dhw.idaho.gov))

## Youth Empowerment Services (YES)

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- Idaho’s Youth Empowerment Services (YES) System of Care rolled out a brand-new website recently. View the new look and updated functionality at [YES.idaho.gov](http://YES.idaho.gov). The new layout should create an easier-to-navigate experience for youth, their families and YES stakeholders.

## **Idaho's Response to the Opioid Crisis (IROC)**

- IROC has applied for a No Cost Extension from SAMHSA in order to allocate the Year 2 funds past the upcoming end date of September 29, 2020. In doing so, the many programs currently funded, such as Warm Handoff programs in Emergency Departments and Opioid Treatment Programs, as well as wrap-around inpatient treatment programs and recovery center activities, may continue without interruption into another grant year. The extension request was submitted July 31, 2020, and IROC will be notified before the end of the grant year if the request has been approved.
- ECHO Idaho is an educational resource designed for healthcare professionals, in live video format, that is designed to reach Idaho's remote or underserved communities to treat complex chronic diseases with specialist-level expertise. ECHO has partnered with DHW through the SOR grant to provide training and education on Perinatal Substance Use Disorder and Opioid Use Disorder. Led by a panel of experts, ECHO Idaho helps participants learn best practices for treating patients with perinatal substance use disorder, connect with peers from around the state to discuss what really works and gather feedback on difficult patient cases. These sessions create a dialogue among clinicians about best practices and resources for identifying and treating perinatal substance use disorder.
  - ECHO's target audience is family practice, pediatric, and OB/GYN physicians, NPs, PAs, and nursing staff. However, all clinicians are welcome, including social workers, care coordinators, addiction recovery specialists and others.
  - Scheduling information regarding upcoming ECHO sessions can be found here: <https://www.uidaho.edu/academics/wwami/echo/schedule>
  - The cost is FREE for clinicians and organizations.

## **Substance Use Disorder Treatment and Recovery Support Services**

- Through an emergency grant offered by the Substance Abuse and Mental Health Services Administration (SAMHSA), DBH is now offering Substance Use Disorder (SUD) services for qualifying Idahoans impacted by COVID-19. These services are open to the following individuals:
  - Uninsured citizen residents of Idaho impacted by COVID-19. This includes anyone who has been impacted in any way by COVID-19 and is not limited to those individuals who have personally contracted the illness.
  - Individuals who meet the income guidelines (earn less than 200% of the Federal Poverty Limit).
    - How are these services accessed?
      - Any uninsured resident of Idaho seeking SUD services should call BPA Health at 1.800.922.3406 to screen for eligibility.
    - What services are available?
      - Social detox
      - Outpatient services
      - Inpatient services (limited availability)
      - Drug Testing
      - Safe and Sober Housing
      - Case Management
      - Other

*hello*  
**AUGUST**